

Nebraska Office of Consumer Affairs

Department of Health and Human Services

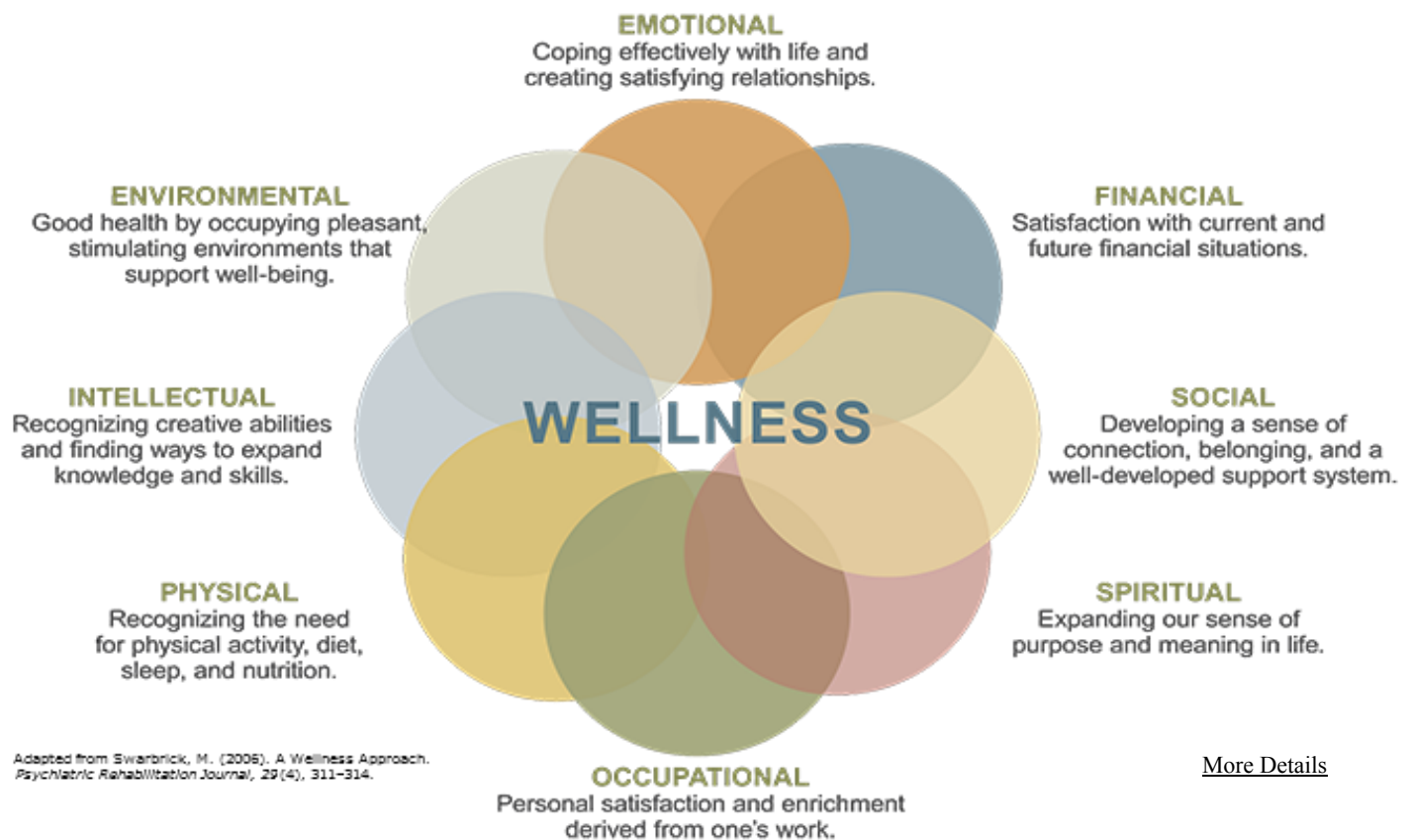


Wellness Newsletter: September 16-22 is National Wellness Week!!!

Why Wellness Week?

The Substance Abuse and Mental Health Services Administration (SAMHSA) and the U.S. Food and Drug Administration's Office of Women's Health (FDA/OWH) launched National Wellness Week to inspire individuals, families, behavioral health and primary care providers, and peer-run, faith-based, and other community organizations to focus on ways to incorporate the Eight Dimensions of Wellness—mental, emotional, financial, physical, occupational, intellectual, social, and spiritual—into a person's life as part of a holistic lifestyle (SAMHSA, 2013).

Click to see why wellness matters! (<http://promoteacceptance.samhsa.gov/10by10/default.aspx>)





Tips From The Office of Consumer Affairs In the Eight Dimensions

Children, Youth/ Adolescents/ Transition Age Youth

Physical

Children/ youth—Ask your parents or a teacher to help with the following—pend at least 30 minutes outside playing, if you have a pet, ask your parents if you can join on a walk. Ask your parents to teach you about eating healthy, get plenty of sleep each night, eat balanced meals for energy, etc.

Adolescents/Transition age youth- Join in physical activity for at least 30 minutes a day, if you have a pet, take it on a walk, take up a new sport. Get plenty of sleep each night and eat balanced meals for energy.

Intellectual

Children/ youth—Ask your parents or a teacher to help with the following—writing a poem, painting/drawing a picture, go on a nature walk, share with family and friends what you're most passionate about, recognize creative skills

Adolescents/Transition age youth —write a poem, start a journal, create a piece of art , go on a nature walk, find ways to express your areas of interest and find ways to teach them to others, find ways to expand your knowledge and skills, recognize your creative abilities

Spiritual

Children/ youth—Ask your parents or a teacher to help with the following—create a quiet place where you can relax and draw or read, pray, learn how to meditate when you are not feeling happy

Adolescents/Transition age youth – Find/create a quiet place where you can relax and reflect on your day, meditate, brainstorm ways to relax during times of stress, pray, find ways to expand your sense of purpose and meaning in life.

Social and Emotional

Children/ youth—Ask your parents or a teacher to help with the following—ask a friend/family member close in age to play or do an activity, call a friend/family member close in age and tell them about your day, eat meals with your family, share your feelings with others, or create a Wellness Recovery Action Plan for Kids.

Adolescents/Transition age youth – Ask a friend or family member to do an activity, make plans to do something fun that you have been putting off. Tell a friend or family member about how your day was- share the funny, the not so funny, and reflect, join a club at school, volunteer, spend more time with family and friends, share your feelings with others or create a Wellness Recovery Action Plan.

Financial and Occupational

Children/ youth—Ask your parents to help with the following—ask your parents about how to create a budget. Ask your parents to volunteer in the community with you.

Adolescents/Transition age youth- ask how to create a budget. Create a budget plan, ask your parents if you can go to work or volunteer with them for the afternoon, research colleges and professions that you are interested in, create a ten-year plan on how to achieve your goals, create a five-year plan, and then a three-year plan.

Environmental

Children/ youth—Ask your parents to help with the following—create a space that is free of things that do not encourage your well-being. Create a cleaning schedule, a sleep schedule, and a healthy eating plan.

Adolescents/Transition age youth—Create a space that is free of things that do not encourage your well-being. Create a cleaning schedule, a sleep schedule, and a healthy eating plan.



Tips From The Office of Consumer Affairs on the Eight Dimensions

Family Tips

Physical- Ride bikes to school as a family
Work together to create a physical wellness challenge

Intellectual- Read a book to each other or watch a documentary together
Create a family wellness scrapbook

Spiritual

Increase family knowledge on a spiritual level- read, attend a spiritual event of your choosing
Join a spiritual group that shares your family views

Social

Take 30 minutes a day to connect with each individual family member
Take up a family hobby that is free or low cost to maintain

Emotional

Create feelings cards for family members to use when strong feelings occur
Practice family team meeting once a week to check in emotionally and set emotional boundaries

Financial

Create a budget together that includes all family member input
Plan your next family vacation using budgeting tools

Occupational

Take your youth to work (if possible)
Role play different jobs that family members have at home teaching each other what they do to create income for the family

Environmental

Paint a family mural
Create a comfort room—a quiet place where you can relax, draw, read, pray, or meditate

Provider and Organization Tips

Financial- Host a workshop on writing a budget

Social- Look at the entertainment section for the local paper and do something new as a group

Spiritual- Host a nature walk or lead a meditation

Occupational- Host a resume writing workshop

Physical- Host a wellness walk or a flash mob

Intellectual- Host a wellness jeopardy or trivia activity or tour a local college

Environmental- Pick a local park to clean and start a recycling project

Emotional- Host a discussion forum on emotional health or a laughter yoga event



Adult Tips

Physical—Walk, play outside with the kids, ride a bike

Intellectual- Locate training opportunities, go back to school, read a book

Spiritual—Start a 30-day meditation challenge, find ways to deepen your understanding of yourself, start a journal

Social—Invite friends over for dinner, spend more time with family and friends, volunteer

Emotional—Create a WRAP plan, build healthy relationships and connections with others, find time to laugh

Financial—Create a savings plan, evaluate your current spending trends and look for ways to improve your finances

Occupational—Find ways to challenge yourself at work, rejuvenate work passions

Environmental—Create a quiet room/place in the comfort of your home



Activate Wellness in Your Community!!



The Wellness Initiative has developed a Community Activation Kit to help organizations host Wellness Week activities and events and to support promotional efforts of National Wellness Week. These materials allow individuals and organizations to promote the Wellness Initiative through news, digital media, and partner channels. All components of the Community Activation Kit are available online and are downloadable (SAMHSA, 2013)*.

More Details

(http://promoteacceptance.samhsa.gov/10by10/wellness_week_kit.aspx)

VEGETABLE RICE MEDLEY

By Shari McComb Randall of Columbus, NE

1 CUP UNCOOKED RICE
2 1/4 CUP WATER
2-3 TBSP ONION or VEGETABLE SOUP MIX
1/4 TSP SALT
1 CUP CORN FRESH OR FROZEN
1 CUP PEAS FRESH OR FROZEN

IN A SAUCE PAN COMBINE RICE, WATER, ONION OR SOUP MIX, AND SALT. BRING TO A BOIL. ADD THE VEGGIES. RETURN TO BOIL. REDUCE HEAT. COVER. SIMMER FOR 15 MINUTES OR UNTIL RICE AND VEGGIES ARE TENDER. STIR BEFORE SERVING.



Network of Care

The Network of Care for Behavioral Health, provided by the Nebraska Department of Health & Human Services' Division of Behavioral Health. Nebraska also provides a statewide Network of Care for Public Health Assessment and Wellness.

This website is a resource for individuals, families and agencies concerned with behavioral health or community health issues. It provides information about behavioral health services, community health services, laws, and related news, as well as communication tools and other features. Regardless of where you begin your search for assistance with behavioral health or community health issues, the Network of Care helps you find what you need! This Web site can greatly assist in our efforts to protect our greatest human asset—our beautiful minds.

- A comprehensive service directory of all federal, state, local and grassroots programs.
- Quick reference to all local emergency and crisis intervention programs.
- A pre-vetted library with written content and interactive assessment, educational and recovery programs, including those produced by the National Alliance on Mental Illness and Mental Health America.
- Mary Ellen Copeland's Wellness Recovery Action Plan, featuring secure online management tools and free online training for consumers and family members.
- A legislative information and advocacy tool.
- All local, state and national support groups and programs.
- A comprehensive guide to private and public insurance.
- Virtually every web link in the nation.
- An HL7-registered Personal Health Record to store valuable medical information, as well as content from throughout the Network of Care site.
- News from around the country.
- Best-practice content-sharing from all sites throughout the U.S.
- A state-of-the-art social networking platform.
- Culturally appropriate, human-translated content on key conditions.
- Free printing and shipping of laminated emergency cards and so much more!

For more information please contact,

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